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(To House Organ Editors: These articles may be included in your plant publi-
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FOOD NEWS

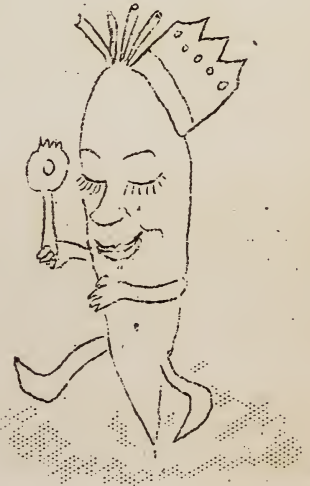
Plant cafeterias the country over will be featuring carrots, cabbage, white potatoes, and sweet potatoes in November. These old-time favorites are the foods of the month. Workers in plants in the Northeast, South, and Central West will find cauliflower offered frequently in many delicious ways.

Carrots are tops

The story of the carrot's climb to the lofty position science gives it today is a typical American success story. When carrots were first introduced into this country, they were considered weeds. The Dutch were the first to cultivate them, and they introduced them into England during the reign of Queen Elizabeth. English ladies were said to use carrot tops as plumes on their favorite hats.

Carrots are high in vitamin A, and they contain other vitamins and minerals in smaller amounts. It's vitamin A that helps to maintain healthy skin and membranes and helps us resist infections. Vitamin A is also essential for good vision and a liberal supply in the diet improves night vision and prevents "night blindness." Carrots are one of our best sources of vitamin A, so no wonder the scientists sing its praise.

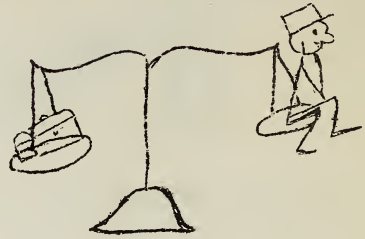
Choose carrots often when you find them on the



cafeteria counter. Eat them cooked or raw for the vitamins and minerals they contribute to your daily diet. Use them liberally at home, too.

Eat A Lunch That Packs A Punch

A well-balanced lunch is body fuel, necessary to carry us through a full day. If we wish to avoid that over-tired feeling when our working day is done, we'll choose a good lunch. Whether you eat in the plant cafeteria or bring your lunch from home you can get the vital body fuel you need if your lunch is well-balanced. Remember, a good lunch should supply about 1,000 calories and one-third or more of the daily food needs.



A well-balanced box lunch

The family lunch packer will include, for health's sake, the following foods in the lunch box every day:

1. Protein-rich food (meat, fish, poultry, cheese, eggs or peanut butter).
2. Enriched or whole-grain bread. Vary the bread from day to day. Use oatmeal, raisin, graham, and fruit breads occasionally to add interest.
3. Butter or fortified margarine. Spread it clear to the edge of the bread to keep the filling from soaking into the bread.
4. Milk. As a beverage or in the form of custard, or a pudding, or cream soup.
5. A green or yellow vegetable. Lettuce, celery curls, raw carrots and yellow turnip sticks add crispness and vitamins.
6. Fruit or fruit dessert. Apples, oranges, bananas, and dried fruit are easy to pack. Include a stewed or canned fruit in a covered jar now and then.

For morale include:

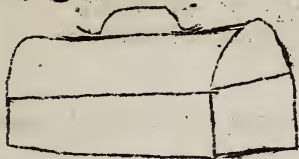
1. A hot food, especially in cold weather. Put a cream soup, vegetable soup, hot chocolate or perhaps chili con carne in a stew in the thermos bottle.
2. A surprise. Potato salad, raw vegetable or fruit salad, baked beans in a covered jar.
3. A sweet. Cake and cookies are good lunch box desserts - they add calories and help to "finish" the meal.

HEALTH HINTS

Dr. Henry C. Sherman of Columbia University in New York City found that a liberal amount of vitamin A increases the life span of white rats. One group of rats fared well for 58 generations on a "good" diet, while another group, which was given the same diet but twice as much vitamin A, lived much longer. Perhaps men, as well as rats, would enjoy a longer life and better health if they had a liberal amount of vitamin A in their diets.

If you drink a pint of milk a day, spread your bread with butter or fortified margarine, and eat one or more servings of leafy green and yellow vegetables every day, you will probably obtain the vitamin A you need for good health.

Lunch Box



Menus

1

Meat loaf sandwich on whole-wheat bread
 Cream cheese and jelly sandwich on enriched bread
 Crisp carrot sticks
 Orange
 Oatmeal cookies
 Milk

2

American cheese sandwich on enriched bread
 Peanut butter and bacon on whole-wheat bread
 Cold slaw
 Fresh grapes
 Milk

3

Cream of tomato soup
 Chicken salad sandwich on enriched bread
 Sliced luncheon meat on rye bread
 Crisp turnip slices
 Apple
 Chocolate cup cake
 Beverage

4

Corned beef sandwich on whole wheat bread
 Chopped prune and nut sandwich on enriched bread
 Celery hearts
 Apple sauce
 Ginger cookies
 Milk

5

Tuna fish sandwich on enriched bun
 Cream cheese sandwich on nut bread
 Fresh pear
 Peanut butter cookies
 Milk

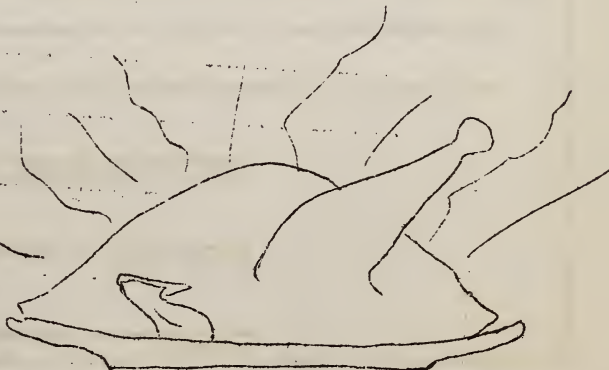
TAKE HOME IDEASThanksgiving's coming

When selecting your Thanksgiving turkey, look for these marks of quality:

1. Clean, tender skin with few pin feathers and no bruises or discolorations.
 2. Well-fleshed breast and thighs and a generally plump appearance.
 3. Covering of fat under the skin on the breast, legs, thighs, and back.
 4. Short body and broad breast indicate a meaty bird.
- Allow about 1 pounds of turkey, dressed weight, for each person to be served.

Here's a delicious Thanksgiving dinner menu which all members of the family should enjoy:

Fresh fruit cocktail
 Roast turkey with dressing
 Cranberry sauce
 Mashed potatoes* - giblet gravy
 Parsley-buttered cauliflower*
 Relish tray: carrot* sticks, celery curls, green olives, watermelon pickles
 Pumpkin pie with cheese
 Coffee
 * Abundant foods.



MORE ABOUT CARROTS

When carrots aren't good to eat it may be the fault of the cook, not the carrot. If you will make the most of the flavor, vitamin, and minerals in carrots, cook them this way:

1. Scrape young carrots lightly and cook them whole in a small amount of boiling salted water.
2. Cut large carrots into strips or slices and cook them in enough boiling water to bubble up through the carrots.
3. Cook carrots until they are tender but don't overcook them.
4. Serve the juice left in the cooking pan with the carrots or add it to the soup or gravy.
5. Season the cooked carrots with butter or margarine and serve them piping hot.

Serve them raw for color and crispness, as a relish or in salads. Make tasty raw salads combining carrots with cabbage; carrot, apple, and raisin; carrot, celery, and green pepper; carrot and pineapple molded in lemon jello. Remember, crisp carrot sticks in the lunch box are good with a sandwich or between meals.

Editors please note:

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INDUSTRIAL NUTRITION SERVICE
Production and Marketing Administration
U. S. Department of Agriculture
5 South Wabash Avenue
Chicago 3, Illinois

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